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Bangalore Mirror

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Bangalore Mirror wishes you a very happy Deepawali

Our offices and press will remain closed on Tuesday on account of Deepawali. So you'll miss seeing us at your doorstep on Wednesday, November 15. Log on to www.bangaloremirror.com or follow @BangaloreMirror on Twitter for all the buzz about Bengaluru and beyond

PAGE 4

UNGREEN
No takers for green crackers

PAGE 6

WHEREABOUTS
In soup for 'wild' social post

A white-topped road was fixed after it caved in near Adugodi signal raising damning questions on quality of work

WHITE LIES BENEATH

A kilometre of white-topped road costs Rs 10 cr

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KAUSHIK JN

The 'poor quality' of white-topped roads in the city stands exposed once again.

The city has witnessed tarred or blacktopped roads caving in due to hollow layers beneath. However, it was believed that white-topped roads were stronger, thanks to the strong concrete reinforcement at the bottom.

However, a white-topped road caved in recently.

After the road near Adugodi signal caved in, upon inspection the authorities were surprised to find the concrete road was hollow, to a depth of two feet. The road was laid a couple of years ago.

Ramesh Kumar, a resident of the area, said: "I was surprised by the poor quality of the white-topping. We used to think white-topped roads were of good quality and embedded with steel and concrete. However, when we looked at this stretch of the road, it was completely hollow and looked like there was a tunnel inside. Barricades were placed to prevent anyone

CONTINUED ON PAGE 8 »

> "It may not have been properly cured... Thickness issues at joints could be a contributing factor
>
> — MN Sreehari, traffic expert

No break for those who deserve it most

Pourakarmikas not provided day off for Deepawali but made to work 'overtime' with no pay; 'inhumane', say union representatives

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While the rest of the city celebrates the festival of lights, the pourakarmikas are forced to work overtime without a day off to clear the waste accumulated.

Nirmala, president of the Bruhat Bengaluru Mahanagara Palike (BBMP) Pourakarmikara Sangha, told Bangalore Mirror that the workers are forced to finish the excessive cleaning within the stipulated work hours, to evade payment for overtime work hours.

"Even prior to Deepawali, when Dasara took place, the garbage collected was of immense quantities as people tend to use banana fruits and other materials meant for rituals. We are not paid overtime salary for the excess cleaning work that needs to be carried out but the authorities ensure to get it done under pressure," she said.

Nirmala added that the workers are not provided with a leave either and were hoping for the municipal body to announce

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Echoing with earth

Get ready for unique live music experiences at Echoes of Earth, which is a celebration of music, art, culture, and conservation efforts. The 6th edition of the festival highlights the interconnectedness of India's richest biodiversity hotspot,the Western Ghats. This year, the festival features artists such as Haribabu Natesan, the Aravani Art Project, and Siddharth Karawal.
Where: Embassy International Riding School
When: December 2 and 3

02 Cosplay expert

If you love cosplaying and you have been waiting for something big, then your wait is about to get over. Get excited, as Bengaluru Comic Con is back with its 11th edition this month. From celebrity guests to awesome merchandise, some of the biggest cosplayers will be part of the event. Along with showcasing comics in a big way, the event will see panels and exclusive sessions.
Where: KTPO Trade Centre, Whitefield
When: November 17 to 19

03 Music and fun

If you are a music enthusiast, then don't miss out on an enchanting fusion of live jazz and the Drawing Room cocktail experience. Watch Sabrina, an artist whose repertoire ranges from pop, rock, soft, and southern rock and wing to blues, jazz, reggae, and rock'n'roll, perform.
Where: The Drawing Room by Smoke House Deli, 1209, 100Feet Road, HAL 2nd Stage, Indiranagar;
When: Friday, November 17; 8 pm onwards

Against all odds, she refuses to surrender

After losing her job and her animals being stolen, this transgender woman begins anew, striving to become self-reliant entrepreneur

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The majority of transgender women opt for sex work and beg to make ends meet, as it is an easy way to earn money to make ends meet. The reason is that most of them are either not inclined to work hard or not aware of the options available to lead a dignified life. The sight of some transgender women waiting at the subway connecting BMTC Bus Station with KSRTC Bus Station, Kempegowda Metro Station, or Sangolli Rayanna Railway Station is not a good sign for society as well as sexual minorities. They were seen soliciting customers at the subway, thus causing inconvenience for many using the subway to reach the KSRTC Bus Station, Kempegowda Metro, or Sangolli Rayanna Railway Station.

However, there are a few transgender women who want to lead a life with dignity. Arundati, a transgender woman, is one of them and has the potential to be a role model for transgender women and sexual minorities who crave to become self-reliant.

Arundati, who hails from Mandya, was working as a district project manager for Sangama, a non-governmental organisation working for the welfare of sexual minorities. There were no problems for her to lead the life until 2012. Arundati has to worry about her future as the Sangama project for Ramanagar is closed.

"I was in a dilemma on how to make ends meet when the project was closed in 2012. I used to encourage transgender women to rear goats,sheep, and chickens when I was working as a project manager. After losing the job, I thought rearing animals was the best option for me. I utilised all my savings to take vacant land on lease and put up a shed for rearing goats, sheep, and chickens," says Arundati.

She started the new enterprise with three goats in 2016 at Ragi Muddenahalli and increased the number of goats to 25 by the year 2019. "There were 100 chickens and 25 goats, including some sheep, before the covid lockdown came into effect. I had to visit another village due to an emergency. I found no goats, sheep, or chickens when I returned home. Villagers were very supportive of me, but the thieves did not know about my struggle. They stole all of my animals," she narrates.

The incident shattered her dreams of becoming a self-reliant entrepreneur, but she is not the person to get deterred by such incidents. She shifted to Baramasagara, near Chitradurga, and started rearing goats and sheep in 2020 by selling her gold chain and earrings. She began with five goats and five chickens. Had fate would have it, thieves made away with 48 goats and sheep and 100 chickens worth Rs 8 lakh on October 23, 2023.

"My dream of becoming self-reliant was shattered, but I do not want to give up. I have again started goat rearing. I am also making arrangements to donate goats, sheep, and chickens to transgender women and sexual minorities who want to earn money to lead a life without any hassles or embarrassment," she explains. Manohar Elavarthi, adviser for Sangama, has described the theft of goats, sheep, and chickens as unfortunate. "We have to support Arundati to start rearing animals once again. I want more transgender women to take up the rearing of goats, sheep, and chickens for livelihood, as begging and sex work are against the law," says Elavarthi.

It may not be an exaggeration to say Arundati has the potential to become a shining example for transgender women on how they can overcome tough times and become self-reliant in society.

Arundati is also making arrangements to donate goats, sheep, and chickens to transgender women who want to earn money

"There were 100 chickens, 25 goats and some sheep. I had to visit home for an emergency; when I returned I couldn't find the animals
– Arundati

It's time to fill library shelves

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After failing to get bidders matching BBMP's selection criteria, the BBMP education department has recalled the tender for the supply of textbooks for libraries in BBMP schools and colleges. The tender is for the supply of books worth Rs 36 lakh to the libraries.

Palike has retendered and called the tender again for the supply of 429 textbooks across 145 BBMP schools and colleges. The tender has called for 59 books for BBMP nursery classes, 220 books for BBMP high schools, and 150 books for BBMP PU colleges. About 93 BBMP nursery schools, 33 BBMP high schools, and 19 BBMP PU colleges are part of the tender.

"We already have libraries across BBMP institutions. However, the tender has been called for the supply of specific books. When we called the tender for the first time, bidders didn't meet our qualifying criteria. Hence, now we have called the tender again," said a senior BBMP official from the education department.

Meanwhile, activists say that books provided by BBMP should be graded. "While libraries form an essential part of students' well-being, books provided should be graded and should be categorised level-wise based on age groups. Children should also be asked what kind of books they would like to read. Reading in libraries should be distinct from reading in classrooms. Such reading should be focused on cultivating a reading habit and taking them off digital devices," said child activist Nagasimha G Rao.

Activities should be organised to make it a wholesome reading experience. Sharing of books, games, quizzes, and interaction with parents should be part of the interaction. Reading can vastly improve imagination, observation, absorption, and concentration, and we must really focus on developing the habit between 3rd and 7th standards. BBMP should consider making each library accessible to other institutions, he added.

Take action, or we will tell all

In 2 separate cases, citizens post about incidents of harassment and theft at places in the heart of the city

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It is becoming increasingly common for citizens to take to social media to draw attention to crimes and for the police to act only after any such post goes viral.

In one such case, a Reddit user detailed an incident involving his girlfriend's disturbing encounter with a bike rider in a post that has now gone viral. The man had posted that his girlfriend and her friend were walking on the footpath in Jayanagar, when all of a sudden, she was spanked by a male, who sped off on his scooter.

The incident reportedly happened at around 10 pm as the user's friend and girlfriend were strolling on the busy road pavement close to the National College Metro station.

The user voiced intense irritation and significant concern about women's safety, wondering how such incidents could happen. He claimed that after the incident, the woman was so shaken she could not go off to sleep at night.

However, soon after this came to their notice, police launched a manhunt to find the accused. They have collected CCTV footage from the area.

Wallet gone, don't complain

In an earlier case, a woman journalist from Delhi, who was in Bengaluru for an award ceremony, has alleged that her wallet with Rs 10,000, a debit card and a pair of diamond earrings worth Rs 1.5 lakh were stolen at a hotel and the police discouraged her from filing a complaint.

The woman has alleged that when she was in a 5-star hotel, a masked man took her purse.

"I noticed that my wallet was missing when I reached the airport. So, I called up the hotel and requested them to look for it. I had a few spots in mind where I thought I might have forgotten it. But even after an intensive search they didn't find it," she said.

Concerns have been expressed over women's safety on city's streets

The hotel management then checked the CCTV footage and shared it with the journalist. She noticed that a man had entered the hotel and made it seem like he was accompanying her.

"He was near me and I didn't notice. The CCTV footage shows that he picked up my bag, kept it aside, hovered around it for some time and at an opportune moment, opened it and took the wallet out and fled the scene," she added.

Later, after reaching Delhi, she contacted Station House Officer (SHO), Marathahalli, and told him about the entire incident sharing all the details with him.

"The officer insisted that the hotel should file the complaint and was not ready to act on my complaint. It seemed like he was delaying the process despite all the proof being in the footage," said the victim. Following the conversation with the officer, the woman took to social media and tagged the commissioner of police asking him to take action. "Even high profile events have no immunity to crime!! No help from any authority! All making it complicated. Police officials asking to get the hotel to complain. Hotel not willing, God knows why! Ultimately I am suffering!," she posted on X.

After the tweet, the police finally registered the complaint and are investigating the matter now.

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In burst of light, green crackers still a no-go

Sellers and buyers give green fireworks the miss; businessmen say customers continue to prefer traditional crackers due to reasons such as higher prices of alternatives

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A visit to cracker shops showed that, despite the push for green crackers, the prevalence of non-green variants persisted across the city

With two days of Deepawali behind us, it is evident that the conditions set to ensure a safe celebration have not been met. The requirement to exclusively use green crackers has been disregarded in many shops, where non-green alternatives were blatantly sold and green crackers were unavailable at several locations. Additionally, the restriction on bursting crackers only between 6 pm and 8 pm was not adhered to.

Home Minister G Parameshwara said, "Even on Monday morning, I spoke to the Commissioner about the issue. We had previously stressed the sale and use of only green crackers, issuing circulars to cracker shops. However, many people are not following the rules. We've observed individuals buying non-green crackers from Hosur and using them here. I urge people to prioritise environmental protection.

"Considering the deteriorating condition in Delhi, we should strive to prevent Bengaluru from facing a similar fate. While we contemplated a complete ban on crackers, understanding our tradition, we permitted the use of green crackers. I want everyone to understand that public cooperation is a must," he explained.

A visit to cracker shops showed that, despite the push for green crackers, the prevalence of non-green variants persisted across the city. Business owners attribute the continued demand for non-green crackers to various factors, including consumer unawareness of green cracker locations and the higher prices of these environmentally friendly options.

Recently, the Karnataka State Pollution Control Board (KPSCB) directed officials to inspect cracker godowns and seize non-green crackers, initiating criminal cases against the respective dealers. The board specified that green crackers would feature a distinct logo and QR code, aiding officials in verification during inspections. It stressed that cracker packets lacking the logo or QR code would be subject to seizure. A QR coding system has been introduced to differentiate green crackers from conventional ones, allowing consumers to track the crackers using smartphones.

"Strict adherence to the use of green crackers is needed to safeguard animals, birds, children, and senior citizens. Officials are tasked with monitoring air and noise pollution levels, conducting quality analyses, and implementing awareness programmes. Public places are encouraged to promote environmentally friendly celebrations through pamphlets and audio-visual messages. The use of crackers near hospitals, educational institutions, and restricted areas is prohibited, with police enforcing these regulations," said an official.

> **"Considering the deteriorating condition in Delhi, we should strive to prevent Bengaluru from facing a similar fate** – G Parameshwara, Home Minister

The Commercial Taxes Department was assigned to monitor illegal cracker transportation, establishing checkposts at border areas to prevent illicit transportation, they added.

While green crackers are marketed as a safer alternative, some experts caution against potential dangers. Despite being designed with alternative raw materials to reduce pollution, green crackers are not entirely chemical-free and may still pose risks. In 2019, the Centre introduced green firecrackers, claiming to address the air pollution crisis. Developed by CSIR labs, these environmentally friendly fireworks include sound-emitting crackers, flowerpots, pencils, chakkars, and sparklers, offering a safer option for consumers and sellers in the Indian market.

Cases of eye injury increase post Deepawali

City hospitals record eye injuries among citizens of different age groups post Deepawali

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KAUSHIK JN

As of Monday afternoon, Minto Hospital recorded five injuries

The eye injuries have been reported from various hospitals, with the majority of them being bystanders. As of Monday afternoon, Minto Hospital recorded five injuries, with four being minor and one classified as major. An 18-year-old bystander in Srirampura suffered a right eye globe rupture from a bijli cracker. In Ramamurthy Nagar, a three-year-old, while lighting a sparkler, was urgently taken to the hospital with a corneal foreign body in the right eye and corneal abrasions in the left eye.

Dr Anand Balasubramaniam, a consultant specialising in corneal, cataract, and refractive services at Sankara Eye Hospital, said, "As of now, there is a significant decrease in vision, and the patient has undergone emergency surgery. In another case, the patient would require surgery at a later date." Furthermore, he said that on November 12, they observed 28 cases of firecracker-related eye injuries. "Among them, two were infants aged 1, three boys (ages 6, 10, and 12), two girls (age 4), and eight injuries occurred in the age group of 25–35, comprising 5 males and 3 females," he said

Additionally, there were five injuries in the age group of 35-50, with three males and two females, one of whom is a 50-year-old woman. Fortunately, none of the injuries are severe in nature, he informed.

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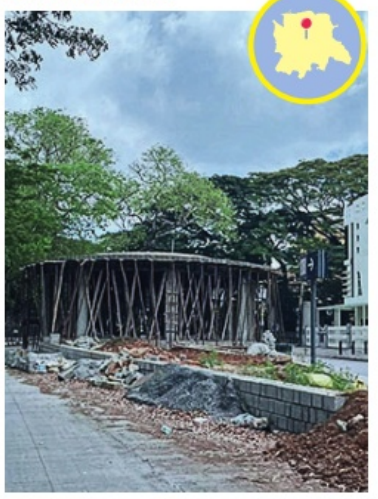

The road dug up near Ashoka Pillar, Jayanagar, has turned an eyesore. The debris has been left at the spot.

Worse traffic

VV Puram

Parking on Burugal Mutt Road is causing traffic congestion. The authorities concerned should take the necessary action within VV Puram station limits.

Heap of dirt

Jayanagar

Neglect by authorities for a month has led to debris piling up on 8th F Main Road, Jayanagar 3rd Block, causing inconvenience and a surge in mosquito menace.

Worrying trend of early onset of diabetes

Experts explain reasons behind young people developing diabetes, suggest measures to halt disease

Many assume that people only develop diabetes in old age. However, city doctors reveal that many youths are actually developing diabetes. An endocrinologist explains, "The onset of diabetes in youth is predominantly related to risk factors such as a sedentary lifestyle and improper eating habits. The increased intake of junk food, rice-based items, and sugary eatables leads to a disproportional intake of calories, causing obesity. This results in gradual insulin resistance and a relative reduction of pancreatic function over time. Nowadays, children are inactive from the ages of 10 to 12, and they usually start developing diabetes by the time they reach 25. Another risk factor is hereditary or genetic, where at least 50% of youth have a family member with diabetes."

He added that in youth, almost 10 to 20% of diabetes is Type 1 or genetically related, which is difficult to prevent. "However, 80% of diabetes in young people is due to their inactive lifestyle and poor eating habits. This can be tackled by increasing daily physical activity through walking, running, skipping, swimming, for at least 45 minutes to an hour daily. A change in eating habits, such as reducing carbohydrate intake from junk food and increasing protein intake from sprouts and eggs, along with adequate fat intake, will ensure a balanced diet and help prevent diabetes despite a genetic risk," he said. He added that follow-up care ensures individuals follow rigorous self-management for good glycemic control. "Psychological interventions, such as cognitive-behavioural therapy and emotional therapy, address day-to-day anxiety, eating disorders, and cognitive impairment. Follow-up services provide a helping hand," he said.

Challenges faced

Doctors also highlight the challenges faced by youth in India.

"Patient education, the stigma of diabetes and insulin use, and lack of support in the community and schools are challenges in the care of young people with type 1 diabetes in India. Complications of diabetes depend on diabetic control and duration, with young patients at a higher risk. For instance, diabetes developed before the age of 20-30 tends to affect the most productive part of an individual's life. India, being the diabetic capital, witnesses a rising number of diabetes cases in patients under 30. This could prove risky because, at the age of 40-45 years, patients will start experiencing complications such as strokes and heart attacks. While youth-onset diabetes is not new, the number of cases has definitely been on the rise. However, I have come across patients as young as 11 years diagnosed with Type 2 Diabetes Mellitus (T2DM). Youth-onset Type 1 Diabetes Mellitus (T1DM) cannot be attributed to a single factor. On the other hand, Type 2 Diabetes Mellitus (T2DM) results from a complex interplay of heredity, a sedentary lifestyle, and less physical activity. Both types of youth-onset diabetes can't be cured but can be managed with medication to live an active life," said a health expert. Doctors say that diabetes can also lead to infertility.

An IVF expert said, "Stress in life also contributes to the inability to conceive. Diabetes Hypertension and other lifestyle diseases too bring Infertility. Male Infertility is also common these days, it is actually increased due to lifestyle modifications. Infertility among young couples is on the rise due to lifestyle changes. It has doubled in recent times due to the stress among the young couple. The lifestyle is drastically changed among the young couple. They sleep during the working hours, work at the time of sleep. This leads to an increase in cases of diabetes and hypertension and also leads to infertility."

—Prakash VL

Advertorial

THE UNDER-RECOGNISED PANDEMIC – DIABETES

Diabetes, once associated with the elderly and affluent, now affects all age groups, weight categories and socio-economic backgrounds, emerging as a prevalent condition in industrialized urban areas. As of 2021, India has 74 million people living with diabetes and this number is projected to rise to 92 million by 2030, according to the International Diabetes Federation.

Diabetes comes in various forms. Type 1, typically afflicting young individuals, results from minimal or absence of insulin production. On the other hand, Type 2, prevalent in middle-aged and elderly individuals, stems from reduced insulin effectiveness and production. Gestational Diabetes Mellitus (GDM) emerges during pregnancy, often resolving post-delivery, but with a risk of transitioning to Type 2 diabetes later. Additionally, there are rare types associated with medications, medical conditions, or genetic disorders.

Type 2 diabetes constitutes >90% of the diabetes cases. It is largely driven by genetic predisposition, socio-economic changes, unhealthy food choices, reduced physical activity, sedentary lifestyle, increased stress, irregular sleep, air pollution and rising obesity rates in our society.

People with diabetes are at increased risk of developing related complications impacting the eyes, kidneys, nervous system, blood vessels, heart, feet, teeth and gums. Diabetes increases the chances of heart disease (up to three times) and kidney disease (up to ten times). These complications not only diminish the quality of life but also impose significant financial burdens on individuals, families, and society at large.

Preventing or delaying Type 2 diabetes involves adopting a healthy lifestyle: a balanced diet with ample vegetables and fruits, avoiding processed and sugary foods, regular physical activity (30-45 minutes, 5 days a week), and maintaining healthy body weight. Regular blood sugar checkups for those at high risk enable early diagnosis and treatment, crucial for preventing complications.

Diagnosing diabetes involves blood tests such as fasting plasma glucose, random or post-meal plasma glucose, Glycosylated haemoglobin (HbA1c), and, in some cases, an Oral Glucose Tolerance test.

Management varies by type: Type 1 requires lifelong insulin therapy, gestational diabetes involves diet and, if necessary, insulin during pregnancy, and Type 2 is initially managed with lifestyle changes, including a healthy diet and increased physical activity, and may later involve medications or insulin if needed.

In conclusion, collective efforts from citizens, NGOs, and policymakers are crucial for diabetes awareness, prevention, and effective treatment, ensuring an improved quality of life for those affected.

Dr S Satish Kumar
HOD & Lead Consultant - Endocrinology, Diabetology & Bariatric Medicine

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OFFICER IN DOCK OVER SOCIAL MEDIA POSTS

Despite directions to all not to share location of tigers on social media to protect them from poachers; Bannerghatta Biological Park Executive Director puts out pictures of wild animals

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Forest officers are supposed to save forests as well as wildlife. They are, as per the National Tiger Conservation Authority (NTCA) directive, expected not to share photos and locations of tigers on social media. The objective of the directive is to prevent the poaching of tigers.

The Assistant Inspector General of Forests (NTCA) issued the directive on June 17, 2017, directing field directors of all tiger reserves across the country to take measures to avoid photographs or information on tigers being shared on WhatsApp and Facebook. The directive stated that the information on WhatsApp and Facebook has the potential to be used to commit wildlife crimes.

However, Bannerghatta Biological Park Executive Director Surya Sen allegedly shared photographs and locations of a tiger and leopard that were spotted at Bannerghatta Biological Park. According to reliable sources, the NTCA has already written a letter to the Principal Chief Conservator of Forests (Wildlife), Subhash Malkhed, to take appropriate action against those responsible for sharing photos of a tiger and a leopard and their locations on social media.

Wildlife activists are up in arms against sharing photos of a tiger and a leopard on social media. They demand the authorities act toughly against those responsible for posting those photos and information on social media.

A former member of the State Wildlife Board, Joseph Hoover, said that it is obvious that DCF Surya Sen wasn't aware of the National Tiger Conservation Authority's June 17, 2017 advisory to forest departments across India.

"The NTCA was concerned about camera trap images of tigers being shared on media platforms, as poachers would know the specific location of the tiger's movements. We have written to the NTCA and Government of Karnataka underscoring the callous indulgence of the executive director of the Bannerghatta Biological Park," said Hoover.

Demanding the authorities act tough against the forest officer responsible for sharing the photos and location of a tiger and a leopard, Arun Prasad, an animal activist, has said that there should not be separate rules for ordinary people and forest authorities. "The forest officer is supposed to advise tourists and the public not to share photos of tigers and locations. What do you expect from a forest officer who has shared information on social media about a tiger and a leopard? As per the NTCA guidelines, forest officers can share information on tigers and their locations with their senior officers and certainly not on social media, which will make tigers vulnerable to poaching," he said.

Meanwhile, Surya Sen, said that he posted the photos of a leopard and a tiger on a WhatsApp group created for the benefit of media persons. However, Subhash Malkhed said that no information on tigers and their locations should be posted on social media. "It is pardonable if a tourist posts a photo of a tiger on social media. Forest officers are not supposed to share photos and locations of tigers on social media. The NTCA has already issued guidelines on this subject. I will issue an advisory to forest officials on this issue shortly," he said.When asked about the NTCA letter for the violation, he added that he was on leave for a few days. "I will look into the matter as soon as I join duty," he said.

> **The NTCA was concerned about camera trap images of tigers being shared on media platforms**
>
> –Joseph Hoover, conservationist

Precise care for your heart

In a significant medical treatment, the Jayadeva Institute of Cardiovascular Sciences and Research, located in Bengaluru and Mysuru, has introduced the Transcatheter Aortic Valve Implantation (TAVI) procedure. TAVI, a minimally invasive medical technique, has been instrumental in treating aortic valve stenosis, offering renewed hope and improved health to the elderly population. This year, there are 68 patients who have undergone this transformative procedure, experiencing successful outcomes.

Aortic valve stenosis is a heart condition in which the aortic valve becomes narrowed or calcified, leading to impaired blood flow from the heart to the rest of the body. Traditionally, treating this condition involved open-heart surgery, which might not be suitable for all patients, especially the elderly and those at high surgical risk.

Dr CN Manjunath, Director of Jayadeva Institute of Cardiovascular Sciences and Research, said, "TAVI is a non-surgical aortic valve replacement procedure primarily recommended for individuals above the age of 65 and those with a high surgical risk for valve replacement, particularly those dealing with lung diseases, comorbidities, renal failure, or other serious health issues. The procedure is celebrated for its fast recovery time, typically within two days, making it a valuable option for patients suffering from aortic stenosis."

He highlighted how this innovative technology has become a lifeline for many patients, significantly improving their heart function and overall quality of life.

The procedure is also said to have several advantages, including reduced pain and fewer postoperative complications compared to traditional open-heart surgery. The procedure not only saves lives but also enhances the quality of life for those who undergo it.

The cost of the TAVI ranges from Rs 15 to 16 lakh. In private hospitals, the expense can be even higher. Dr Manjunath pointed out that the procedure is not free of cost to the BPL cardholders as it is not included in the scheme. **—Iffath Fathima**

New course: All about Indian knowledge system

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

The engineering students in the state may soon delve into the Indian knowledge system, as Visvesvaraya Technological University (VTU) has decided to introduce the same. The university's Executive Council, the highest decision-making body, recently passed a resolution to this effect.

In a circular, Prof BE Rangaswamy, registrar of the university, stated, "The ability enhancement course has been replaced in the sixth semester with a course on the Indian knowledge system worth one credit. The traditional knowledge, philosophies, sciences, and cultural practices that have evolved over thousands of years in the Indian subcontinent make up the rich and varied Indian knowledge system. It covers a broad range of topics such as literature, art, astronomy, yoga, philosophy, spirituality, mathematics, and medicine."

When asked about why engineering students should study the Indian knowledge system, he claimed that the Indian system has the following important components: classical literature, eclecticism and philosophy, Ayurveda, science and math, yoga and meditation, social sciences, language and linguistics, and environmental wisdom.

"The Indian system continues to impact modern activities and thought processes, in addition to being a historical heritage. It emphasises the interdependence of all facets of existence and presents a holistic life view. In addition to being actively studied and practiced in India, many of these traditions are becoming more well-known globally. The learning objectives aim to facilitate students with the concepts of Indian traditional knowledge, make them understand the importance of the knowledge system, and apply it to their day-to-day lives," he explained.

The students will be taught an introduction to Indian knowledge systems, an overview of the Vedic corpus, philosophy, character scope and importance, traditional knowledge vis-à-vis indigenous knowledge, and traditional knowledge versus western knowledge.

"The second unit will focus on traditional knowledge in the humanities and sciences, covering linguistics, numbers and measurements, mathematics, chemistry, physics, art, astronomy, astrology, crafts, trade in India, engineering, and technology. Unit three will cover traditional knowledge in the professional domain, including town planning, architecture and construction, health wellness and psychology, medicine, agriculture, governance, and public administration. The course outcomes will provide an overview of the concept of the Indian knowledge system and its importance, appreciate the need and importance of protecting traditional knowledge.

> **Ability enhancement course has been replaced in 6th sem with course on Indian knowledge**

Dirty water red alert at Chunchaghatta Lake

As lake water quality plummets, experts worry untreated water is being let in unhindered, demand civic agencies conduct required tests

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Water entering the Chunchaghatta Lake must be checked for its quality as the water quality in the lake has seen deterioration, say lake conservationists. Dissolved oxygen recorded on November 7 in the lake stood at 4mg/l, making it fall under Class D.

Fairly smaller in area, the 18-acre Chunchaghatta lake is located upstream of the Sarakki Lake in JP Nagar and was rejuvenated only a few years ago by the municipal body Bruhat Bengaluru Mahanagara Palike (BBMP). The project had cost Rs 2.7 crore.

Raghavendra Pachhapur, a lake activist, said that the particular lake does not have a sewage diversion channel, leading the BBMP to build a wetland or suspension pond. The lake is also linked to a stormwater drain (SWD) entering from Kothanur.

BM has in October 29 last year too pointed out the dire straits of Chunchaghatta Lake

Dissolved oxygen on November 7 in the Chunchughatta lake stood at 4mg/l, making it fall under Class D

All clear, says BWSSB

The Bangalore Water Supply and Sewerage Board (BWSSB) in a tweet responding to the issue said the lake is not receiving sewage as the water running through the channel is clear. However, Pachhapur said, "There are surprise inflows of water into the lake. A prominent apartment complex in the area claims to let treated water into it. However, any water that runs into a lake beyond the rainy season, must be considered a threat even if it is clear to look at, and be thoroughly checked out by either the BWSSB or the Karnataka State Pollution Control Board (KSPCB) for various parameters. We have been noticing a deterioration in oxygen levels. If untreated water makes its way in, fish kills may begin to occur."

> **"BBMP must consult scientists to find bio-remedial measures to reduce nutrient levels in the water**
> – Raghavendra Pachhapur, lake activist

Suspension pond inadequate

Along with this, wetlands or suspension ponds built in lakes are not adequate enough to clean untreated water. "BBMP must consult scientists and environmentalists to explore bio-remedial measures to reduce nutrient levels in the water. Typha plants could be one solution; it is functioning well at Akshaya Nagar Lake," he said. Pachappur further noted that a grievance redressal system is not in place to fix issues with attention, especially in such cases, when there are surprise inflows.

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Photo row leads to fatal stabbing

In a horrific occurrence, police in Bengaluru Rural District claimed on Monday that an 18-year-old youngster was fatally stabbed, allegedly by a group, after an altercation sparked over a photo session at an eatery near Doddaballapur. The eatery has a painting on the wall to its entry, which is well-known among selfie enthusiasts who like to take pictures taken with that as a backdrop.

It is said that Surya, the victim, and three of his pals were taking pictures here on Deepawali on Sunday evening when the incident happened. Surya was clicking pictures on a camera. Another party that had eaten lunch at the eatery came there and asked Surya to click their photos too. A senior police officer stated that Surya and his companions initially refused to do that, but had eventually consented.

Subsequently, Surya and his buddies received a request to instantly send the photos to one of their WhatsApp contacts. However, Surya informed them that since the images were taken using a camera, they had to be downloaded and uploaded to the system before they could be transmitted to phones.

However, the other party persisted in demanding that the photos be sent right away. After a fight broke out between the two groups, Surya was stabbed in the chest by one of the accused, named as Dileep, according to witnesses. After Surya instantly passed out, he was taken to a local hospital, where he later died. — BMB

3 hurt after SUV crashes into bike riders, 1 held

Three people sustained injuries after a speeding SUV rammed into two bike-borne riders near the Kalena Agrahara locality, police said on Monday. Police said the three injured were identified as Kiran, Jasmitha and Basanth.

According to the Hulimavu Traffic Police, "The car driver identified as Abhishek Agarwal lost control of the vehicle and rammed into the two bike-borne riders. The incident was caught on the dash cam of the car. Kiran who was on a bike jumped and fell. Jasmitha and Basanth kumar who were on the other bike were also injured after the car rammed into them." The police have registered a case against the car driver.

Netizens reacted with shock. "Automatic transmission cars are a problem as people who are used to clutch and brake, get confused and panic at that moment," said a netizen.

Another added that faulty engines and brakes too are causing uch mishaps. — ANI

Blaze guts four-storied building; no casualties

A fire that started early on Monday morning completely damaged a four-storied building on Banaswadi Ring Road. The building had three levels housing an IT company, a coaching centre, and a furniture store on the ground and second floors, respectively. All the furniture and equipment in the building were reduced to ashes. The fire fighters rushed to the spot and extinguished the blaze. They also rescued two security guards trapped there, the sources said.

Though the cause of the fire is yet to be ascertained, police suspect that it happened due to a short circuit.

A transformer in front of the shop was completely burnt. — BMB

KSRTC bus rams SUV

A speeding Karnataka State Road Corporation (KSRTC) bus collided with an SUV on National Highway 4 near Begur in Nelamangala. The CCTV footage from areas nearby captured the collision.

The collision left the occupants of the car, Sridhar and Rajeshwari, with minor injuries. Deputy Superintendent of Police, Jagadish, ordered the removal of the cars from the road.

The Nelamangala Traffic Police Station have been registered. — BMB

CHANGE OF NAME

I **Srinivasa Murthy B.P** S/o Puttahanumaiah R/o Bharathipura Village, Billinakote Post, Sompura Hobli, Nelamangala Taluk, Bangalore Rural District - 562111, stating that my name is Srinivasa Murthy B.P. But my name mentioned in Aadhaar Card as Srinivas Murthy B.P. & in PAN Card as B.P. Srinivasamurthy and in Driving License as Srinivasa Murthy B.P. and the above Srinivas Murthy B.P. & B.P. Srinivasamurthy and Srinivasa Murthy B.P three names are belong to one person and that are mine only. All the above information is correct and true. Therefore, I have filed an affidavit before Notary and Lawyer H.R. Krishna, Dabaspet on 07.11.2023.

White-topping: The great white shirk?

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I, MUBASHIRA KHANUM, W/o. Rahamathulla Khan, Residing at No. 5, Flat No. 102, 1st Cross, LBS Nagar, HAL, Bengaluru-560017, have changed my name to MUBBASHIRA KHANUM, vide affidavit dated: 11.11.2023 before Notary Sivakumar. M.N., Bengaluru.

I Anshika D/O Krishan Kumar R/o FNO-B701, Valmark Orchard Square, JP Nagar 8Th Phase, Bangalore South, Bengaluru, Karnataka-560076 have changed my name and shall hereafter be known Anshika Chaudhary.

I Deganpally Dasharath Tulsiram S/O, Tulsiram Deganpally R/o #27, #108/2, Prakruthi Layout, Hennuru Cross, Bangalore North, Bangalore - 560043 have changed my name to Dashrath Deganpally.

I, Priyanka Muralidhar Poojari R/o No.42 G.floor, 9th main, 3rd cross, Gururaj layout, Padmanabhanagar Bengaluru 560085 have changed my name to Priyanka Gadigeppa Annigeri Affidavit Dt.13/11/2023 notary Harisha G, B'luru

I Shabanam D/o Yakub Ali,# 193/1,4th Crs,Gulbarga colony, NGR L/o, Roopena Agrahara, Blr-068, have changed my name to Anjali Singh vide affidavit Dtd: 13/11/2023 before Notary M. Rajendra, B'lore.

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CONTINUED FROM PAGE 1

from falling into it; now the portion has been fixed. However, this has once again raised questions about why crores of rupees are being spent to build poor quality roads."

As the blacktopped roads transformed into craters, the Bruhat Bengaluru Mahanagara Palike (BBMP) assured motorists that numerous major roads would be converted to either white-topped roads or cement roads. The promise was longer life and an end to pothole-ridden journeys.

Now, many of these concrete and white-topped roads are succumbing to potholes.

Not only are the white-topped roads problematic, but even the black-topped ones offer no respite. Earlier, a netizen posted an image of a road near SLS Gurukul, K Channasandra, depicting an individual using bare hands to remove the asphalt. This aimed to highlight the substandard quality of work, illustrating that no special equipment was needed, as even bare hands proved sufficient to expose the poorly laid asphalt.

Meanwhile, a committee set up to investigate the quality of projects undertaken within BBMP limits exposed the poor quality of works. After scrutinising works conducted in the city from 2019 to 2022, the committee identified 72 projects, including 15 road works, of substandard quality. The committee's findings revealed that the expenditure of Rs 2,000 crore on these projects was unsatisfactory and marked by irregularities.

Earlier, professor CNR Rao Circle underpass road was concretised and the road had deteriorated. Then, the road near Shantinagar bus stand underwent concretisation with hopes that the 'world-class' road would last at least a decade if not more. However, the potholes on this stretch too raised concerns about the future of concrete and white-topped roads.

The BBMP had proposed white-topping of selected roads in Bengaluru city as part of the Special Infrastructure Projects Grants. It

KAUSHIK JN

The committee's findings revealed that the expenditure of Rs 2,000 crore on these projects was unsatisfactory and marked by irregularities

cost Rs 75 lakh to Rs 1 crore to asphalt a kilometre of bitumen road. However, the investment for a kilometre of white-topped/concrete road is Rs 10 crore.

BBMP claims the commonly found blacktopped roads in the city have an expected lifespan of five years. Arterial roads maintained by BBMP needed maintenance/relaying due to wear and tear from heavy traffic during peak hours. Drainage concerns during the rainy season affecting the pavement's structural life contributed to the decision to implement white-topping.

"BBMP claims that white-topped roads are expected to last up to 15-20 years. But, anything can happen in Namma Bengaluru. Many residents had reservations about white-topped roads. They opposed road concretisation, fearing reduced rainwater absorption. However, observing the current condition of these concrete and white-topped roads, it's evident that the money has gone down the drain. When roads were being upgraded for white-topping, traffic was disrupted for over a fortnight. Despite all the trouble, if the road turns bad, then who will take responsibility?" asked Naveen Krishna, a techie.

Traffic expert MN Sreehari said: "Technically, cement and white-topped roads have a longer life than bitumen roads. White-topped roads will have relatively lesser thickness as they are laid above the blacktopped road.

However, cement roads have higher thickness. Joints are necessary in white-topped roads for expansion. Unlike cement roads, joints cannot be a weakness in white-topped roads. However, in cement roads, corners and edges can be weak spots and wear out over time.

Multiple reasons could lead to the wearing out of a white-topped road. It may not have been properly cured, and there should be due diligence and proper execution of works at every stage from design to road laying, curing, and inspection. Thickness issues at joints could also be a contributing factor."

Why should they clean up after you?

CONTINUED FROM PAGE 1

a half-day off for Tuesday. Mala, a pourakarmika who works in areas surrounding the Shivananda Circle, said the workers are given a half-day off on Wednesdays and Sundays only.

"Especially during the season of Deepawali, there are heaps of firecracker papers that need to be swept," she said, noting that they are also not provided with safety equipment to deal with the hazardous waste. On the contrary, the state government recently cancelled Rs 15 crore funds designated for purchasing uniforms and safety equipment meant for pourakarmikas.

The BBMP last week floated a tender worth Rs 6 lakh for the removal of festival waste in ward

119. Citing that the issue of festival waste is severe in the Chickpet area, it had decided to outsource the job. As part of the tender, the one who wins the bid will have to provide 175 temporary pourakarmikas, 100 kg coconut broomsticks, 179 pairs of hand gloves, 80 auto tippers, 16 tipper lorries, 5 hydraulic excavators and 220 kg of bleaching powder for cleaning and disinfection.

However, Maitreyi Krishnan from All India Central Council of Trade Union (AICCTU) said the work must not be outsourced.

"This is the essential work of the BBMP and the BBMP must do it," she said.

Krishnan further added that despite law mandating time off for festivals and national holidays to workers, pourakarmikas are forced to work. "Pourakarmikas are not given a single day off. They work on Independence Day as well as on Ambedkar Jayanthi. They must not only be provided with overtime pay, they must also be given a compensatory holiday for festivals like Deepawali. This is not only inhumane but also contrary to law," she explained.

HEALTH TIP: Eating large meals causes rapid digestion, and caffeine, as a stimulant, makes us more alert so avoid both before bedtime

Studies have shown that matcha tea improves the health of your liver

NO KIDDING

Parents may be familiar with this scenario: a child is well behaved at school and polite to their teachers but has a meltdown at home in the afternoon.

Or they say please and thank you at a friend's house but are rude with their family. They follow the rules if they visit a neighbour but have to be constantly reminded about not slamming doors and raiding the pantry at home.

Why is this so? And is there anything you can do about it?

Children learn early their behaviour matters

Even well behaved children misbehave from time to time.

When young children get tired, such as after a play date or a long day at daycare or school, they can become irritable and disruptive. Children are also naturally curious and may misbehave sometimes just to see what happens.

However, some children seem to behave consistently worse at home than with other people. To understand this phenomenon, it's necessary to understand why children behave the way they do.

From the very beginning, a child's behaviour produces results or outcomes. For example, babies soon learn crying is a very effective way of signalling they are in distress. Parents quickly learn to change a wet nappy or feed their infant when they cry. A smile often results in an adult smiling back, cooing or cuddling the baby.

So children quickly realise their behaviour can be an effective way of controlling the actions of others.

The bad behaviour pay-off

Children's behaviour, whether desirable or undesirable, is influenced by the consequences it produces.

Sometimes, the reactions of parents or siblings can accidentally reward misbehaviour, and children learn undesirable behaviour has a payoff.

For example, children may learn that when they don't do as they're told, they get extra attention from their parents. This attention may be reasoning, discussing, arguing, nagging or repeating instructions over and over. It may not be seen as a "reward" to adults, but children are getting more attention from mum or dad.

Children may also learn when they whine and complain for an electronic device they are more likely to get it.

Unfortunately, in this scenario, the child is rewarded for whining and the parent is rewarded for giving them the iPad because it stops a highly irritating noise (at least in the short term). As both the child and the parent are rewarded, this interaction is likely to occur again.

Why are kids better at school?

When children are with less familiar people, they do not know how others will respond or what behaviour will result in a payoff. In these circumstances it is common for there to be less undesirable behaviour, at least temporarily.

Children can also behave better at school than at home because teachers have very good systems in place. Children are kept busy with a variety of engaging activities, expectations of children's behaviour are clear, and the payoff for desirable behaviour is reliable.

Teachers are well practised at recognising and rewarding desirable behaviour through attention, praise and sometimes token reward systems.

Children also tend to imitate their peers' behaviour, particularly if they see it gets results, such as attention from the teacher or access to prized activities.

How can parents help kids to behave better at home?

The good news is if children behave well in one setting, we know they are capable of doing the same at home.

Parents can value children's need to relax at home while still expecting them to be polite and follow rules. By making some small changes, it's usually possible to see much improved behaviour.

Here are some practical things parents can do:

Establish routines Have a routine for when your child gets home from school or outings. This might include allowing your child to unwind and relax, giving them a healthy snack, and then setting them up with an engaging activity.

Routines make it easier for everyone to transition from one setting to another. It is even better if the routine includes activities – such as colouring-in or a run around outside – that are calming or burn off energy.

Set simple house rules. Have a few simple rules that clearly communicate to your child how you expect them to behave. For example: "use an inside voice" or "keep the toys on the floor".

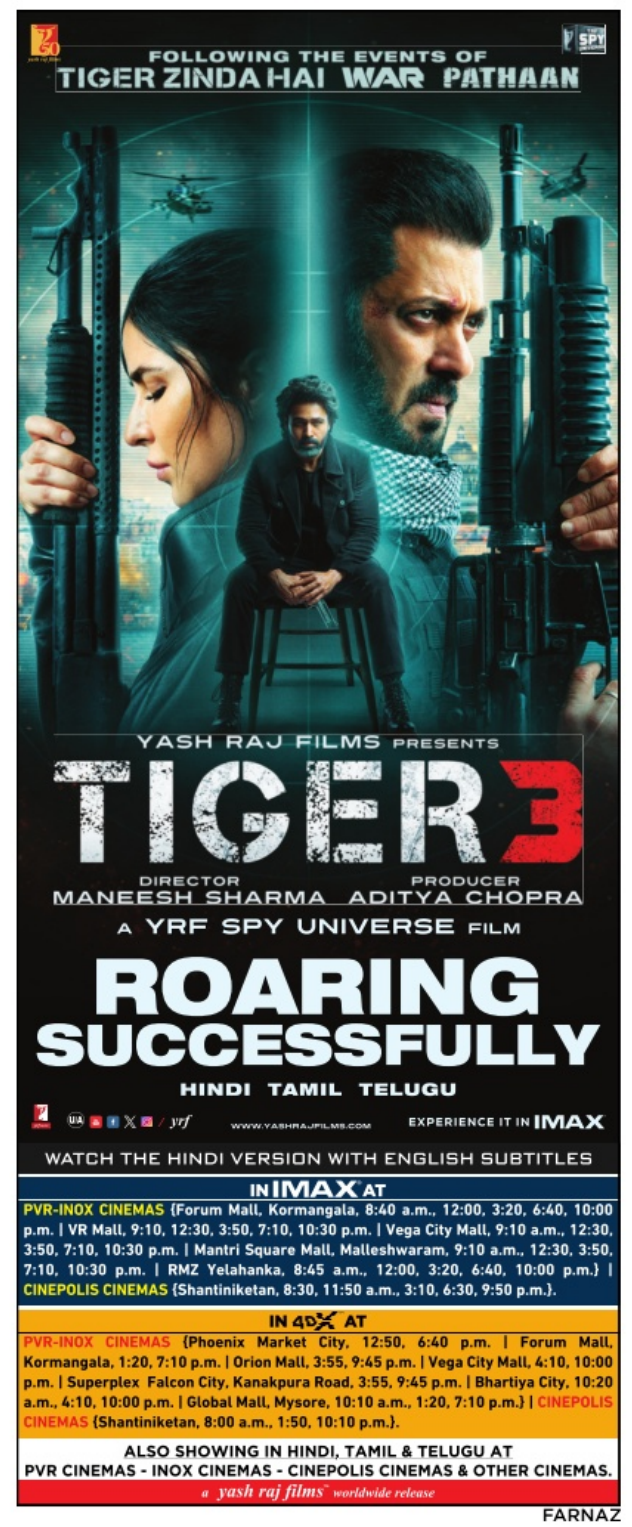
Notice good behaviour. Let your child know when they have done the right thing. Do this by describing what you are pleased with ("you two are sharing the toy so nicely"). This will make it more likely the behaviour will occur again.

Spend small amounts of time with your child regularly. This is especially important when your child approaches you for help or attention.

It shows you're there for them and they do not need to become louder or act out to get your attention. Spending small amounts of time - as little as one or two minutes - often throughout the day is a powerful way of strengthening your relationship with your child and preventing problem behaviour.

Have realistic expectations. Change is easier if you focus on one or two goals at a time. Also, when striving to improve behaviour, expect occasional setbacks. No child (or parent) is perfect!

(By Trevor Mazzucchelli, Curtin University, The Conversation)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IN 4DX AT
PVR-INOX CINEMAS {Phoenix Market City, 12:50, 6:40 p.m. | Forum Mall, Kormangala, 1:20, 7:10 p.m. | Orion Mall, 3:55, 9:45 p.m. | Vega City Mall, 4:10, 10:00 p.m. | Superplex Falcon City, Kanakpura Road, 3:55, 9:45 p.m. | Bhartiya City, 10:20 a.m., 4:10, 10:00 p.m. | Global Mall, Mysore, 10:10 a.m., 1:20, 7:10 p.m.} | CINEPOLIS CINEMAS {Shantiniketan, 8:00 a.m., 1:50, 10:10 p.m.}.
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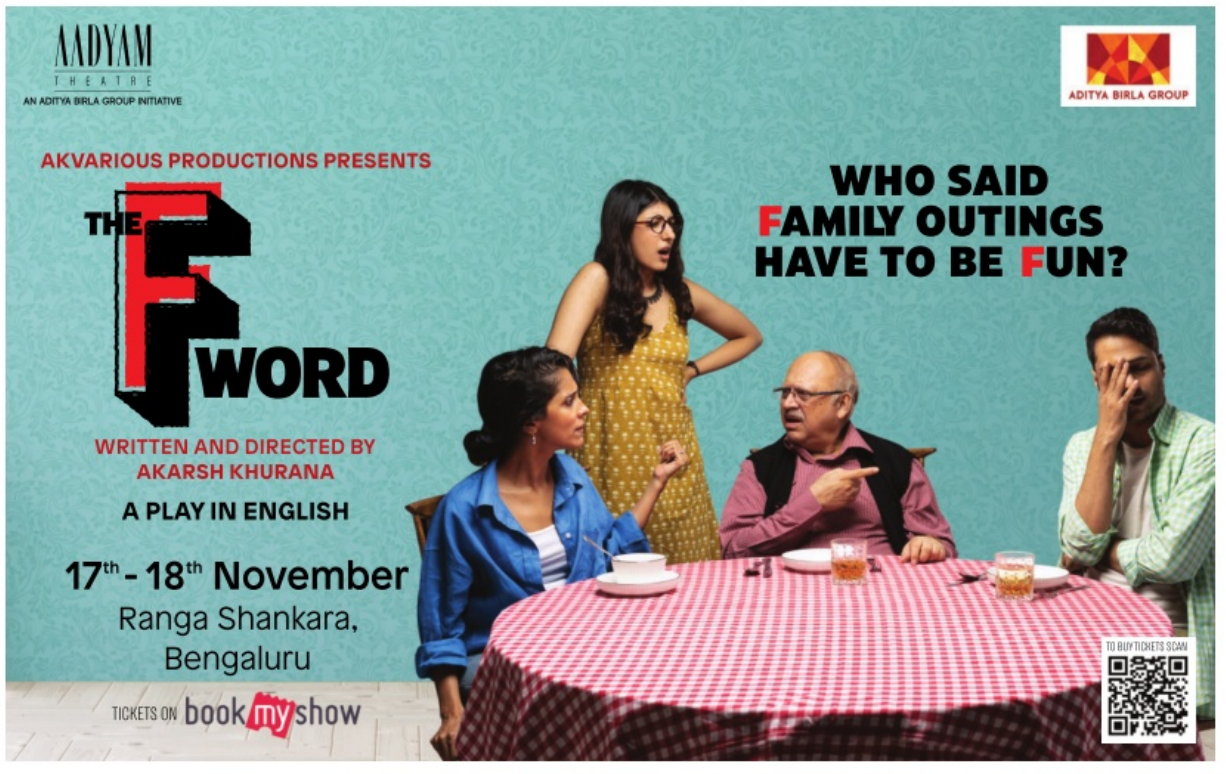
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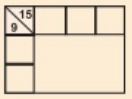
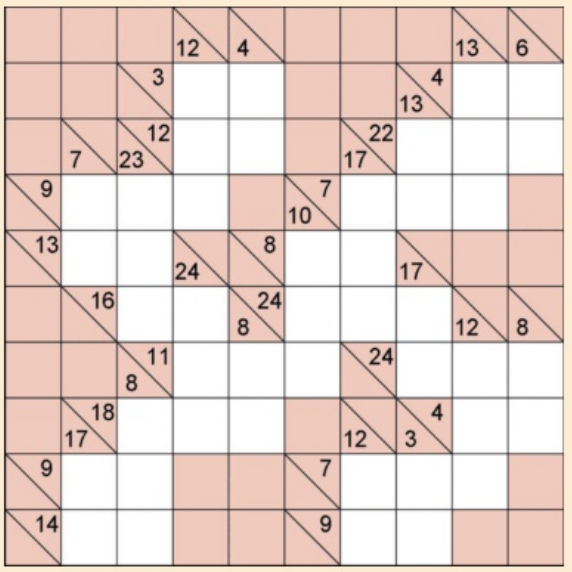
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

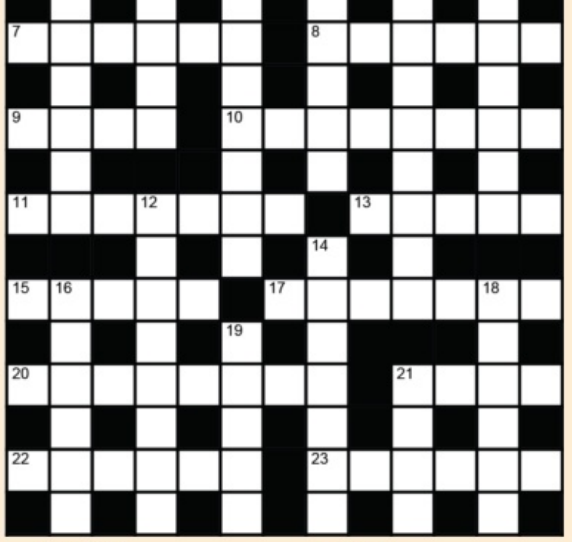


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Suez, Panama, et al.? (6)
8 Holds on to firmly or tries to snatch (6)
9 Joints between leg and trunk (4)
10 Associating, comparing or likening (8)
11 ____ dwelling : a tent? (7)
13 Heavy blows; thrashes (5)
15 Mystery writers' awards (5)
17 Withdraws, gives up or escapes? (4,3)
20 Tipu Sultan's father (5,3)
21 Flowers to be (4)
22 Dramatizes or performs (6)
23 Confirm or support, say a verdict (6)

DOWN

1 Sesame paste (6)
2 Mariners (4)
3 Seized; appropriated (7)
4 Nimble (5)
5 Informers or finks; babblers (8)
6 A small upright piano (6)
12 P.G Wodehouse's Lord Emsworth (8)
14 Abundant, ample, large quantity (7)
16 Removing the moisture from (6)
18 Excessive, unjustified (6)
19 One of hundredth of a rupee (5)
21 Currency unit of Thailand (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS T

AKV QIGB ZTTQSWGZAB ZC IQA AQ RQ UKWA QIV KWC AQ RQ UKVI QIV KWC AQ RQ ZA.

Linemaro

My love for you is like pi... never ending.

Mindchow

All the art of living lies in a fine mingling of letting go and holding on.

Joke of the day

Q: What do you call a lawyer who has gone bad?
A: Senator.

Loop

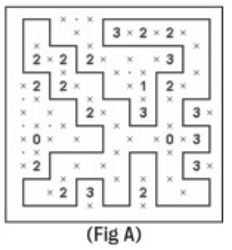
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

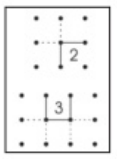
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

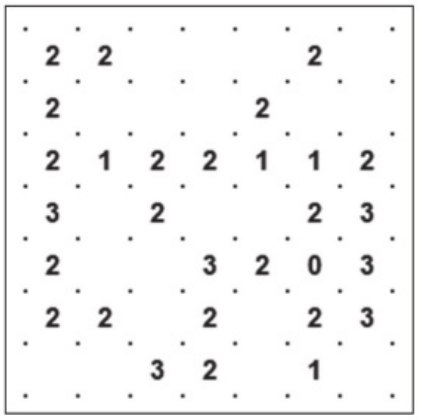
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



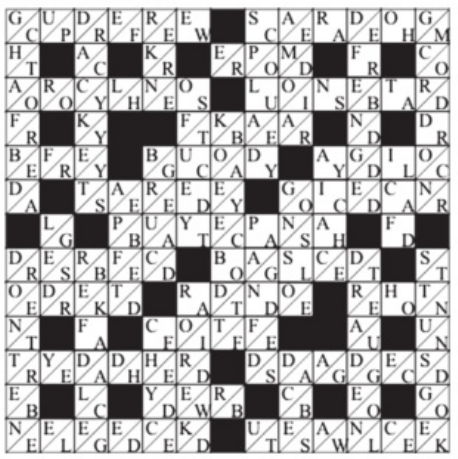
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5 H
6				
7				
8				
9				

ACROSS

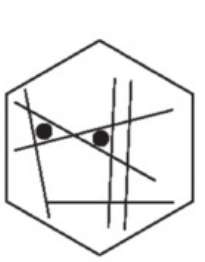
1 SS Hat; 6 Ascot; 7 Lit up; 8 Eliot; 9 A err I

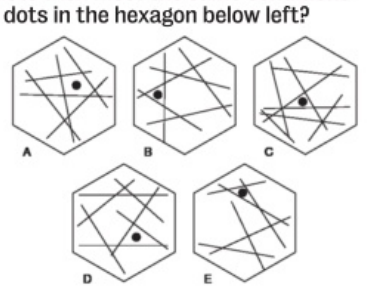
DOWN

1 Us act; 2 Too pi; 3 Stair; 4 Islet; 5 Lehar

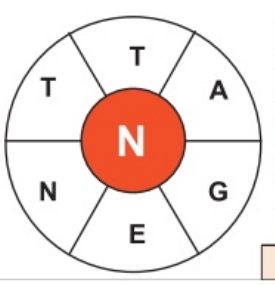
Mensapuzzle

To which hexagon below can a dot be added so that both dots then meet the same conditions as the two dots in the hexagon below left?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; **06** Good; **08** Outstanding

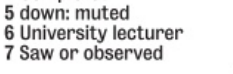
SudokuChallenge

2		8	3			9	6	1
	1	9						3
			6					
				4			1	
	7	1		9		6	8	
	9			8				
					7			
5						1	3	
9	3	4			5	8		2

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

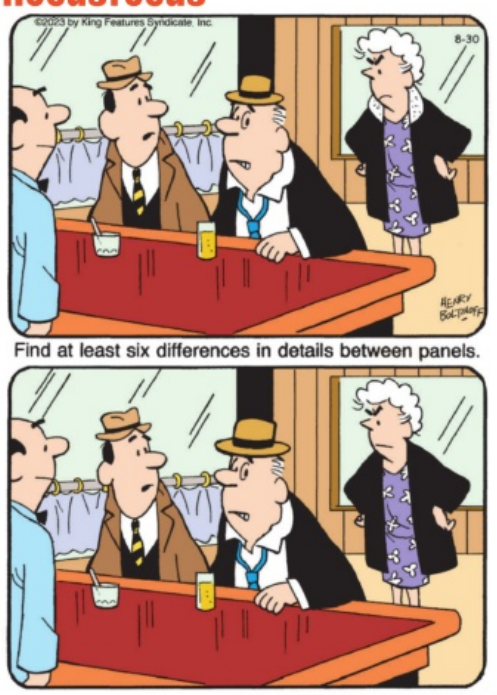


Easy ☐☐☐☐☐☐☐ = 20
4 7 8 9

Medium ☐☐☐☐☐☐☐ = 7
3 4 6 7

Hard ☐☐☐☐☐☐☐ = 15
4 7 8 4

Hocusfocus



Find at least six differences in details between panels.

Differences: 1. Hat is larger. 2. Bar is wider. 3. Woman's mouth is different. 4. Collar is missing. 5. Ear is smaller. 6. Man is taller.

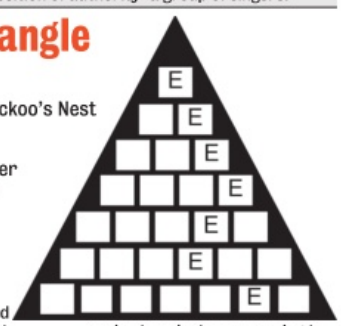
Riddler

In this teaser you have been given two definitions. Each pair of definitions is for two unrelated words. Your task is to discover what these two words are. In the answer to the second word, I took the first word, but changed one of its letters to make a completely different word. (i.e. table-fable)

1. A deep basin used to hold liquids or food-to utter a loud prolonged cry.
2. A position of authority-a group of singers.

Alpha triangle

1 Second vowel
2 Neon symbol
3 Flew Over the Cuckoo's Nest
4 Completed
5 down: muted
6 University lecturer
7 Saw or observed

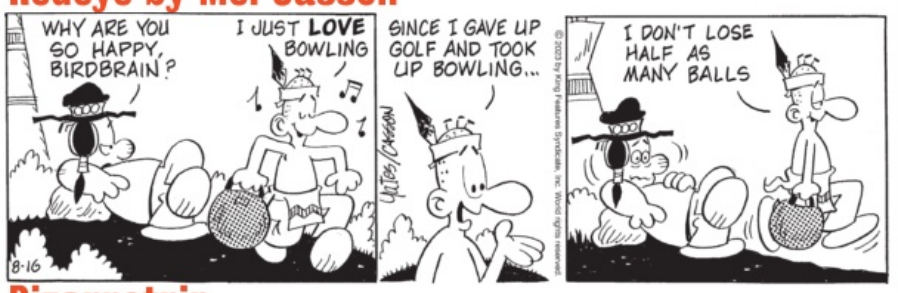


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson


WHY ARE YOU SO HAPPY, BIRDBRAIN?
I JUST LOVE BOWLING
SINCE I GAVE UP GOLF AND TOOK UP BOWLING...
I DON'T LOSE HALF AS MANY BALLS
8-16

Bizarrotrip

Diamond Lil

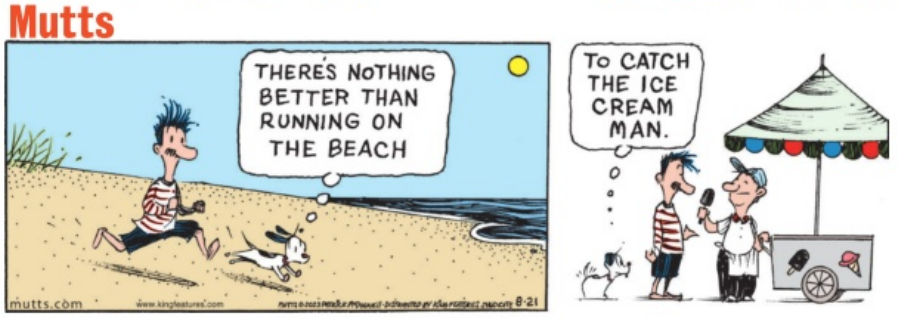
Hart of the city

HI, DEAN!
FOR YOU.
OH, NO! I WAS SUPPOSED TO GIVE YOU THE FLOWERS FIRST!
THAT'S OKAY. THIS IS JUST A DRESS REHEARSAL FOR THE NEXT DATE YOU TAKE ME ON.
N-NEXT DATE?!

Crankshaft

IT'S A BRAND-NEW SCHOOL YEAR AND WITH IT COMES NEW CHALLENGES...
SO I HOPE WE CAN ALL WORK TOGETHER TO GET STARTED ON THE RIGHT FOOT...
TO MAKE THIS THE BEST BOWLING LEAGUE YEAR EVER.
BATIUK & DAVIS tombatiuk.com/books

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be busy with domestic issues. You may spend money on buying some artefacts or household stuff. You are advised to control spending on worthless stuff; otherwise, it may attract negative energy into the house. You are also advised to control your harsh language with the people around you.

Taurus Apr 21 – May 20
Today, you may feel comfortable after a messy situation. Your vitality may help you implement some difficult decisions in your parental business, which may grow your business. You may help needy people around you, which may increase your social respect. Students might be clear in choosing their career options.

Gemini May 21 – Jun 21
Today, you may feel dull, and your health may not be good. You may also have anxiety and restlessness. You are advised to postpone your important investments in business or real estate. You are advised to avoid rash driving. You should avoid long-distance travel as well. You may do some meditation; it will be helpful for sound sleep.

Cancer Jun 22 – July 23
Today, blessings from elders' may make you happy, and your investments may give you profits. Losses are now converted into profits. Your savings may boost your bank balance. You may plan to invest in your kid's future as well. You may also enjoy some delicious food at home. Your problems related to the throat, teeth, ear, or nose may be resolved now.

Leo Jul 24 – Aug 23
Today, you are blessed by elders. Your patience becomes very good, and your focus on your work may be very good. Parents' health has now improved. You are likely to spend your time with elders. You may also meet some influential people who may help you on a professional front. You may also enjoy your romantic moments, which may increase harmony in domestic life.

Virgo Aug 24 – Sep 23
Today, you may be spiritual, and you may help needy people around you. You also plan to donate some amount to a charity or religious place. Your good karma may help you achieve success in your difficult projects. You may feel that some divine power around you may help you in unpredictable situations. You may be attracted by the occult. Students are likely to enjoy studying in depth.

Libra Sep 24 – Oct 22
Today, you may feel dull; you may be a victim of hidden fear, which may make you scared. You are not in a situation to trust anyone. It is advised to do meditation and chant some prayers, which may help you come out of this hypothetical situation. With the help of the elder's blessings around late evening, you may come out of this messy situation.

Scorpio Oct 23 – Nov 22
Today, you may be busy at work, your network may be increased, and with the help of your network, you are likely to get a big order in terms of business and work. You are likely to start innovating in partnership. You may get some investments in your business, which will increase your business in the near future. Natives related to films, glamour, household stuff, and interiors will do better.

Sagittarius Nov 23 – Dec 22
Today, you may find yourself in a state of self-analysis, which will bring some confidence to you. Your focus on your goals is now clear; you may achieve your goal. Your creativity might improve, and you will take an interest in artefacts, movies, glamour, and real-life objects. At the end of the day, you may be satisfied with your life. Your opponents may be under control now.

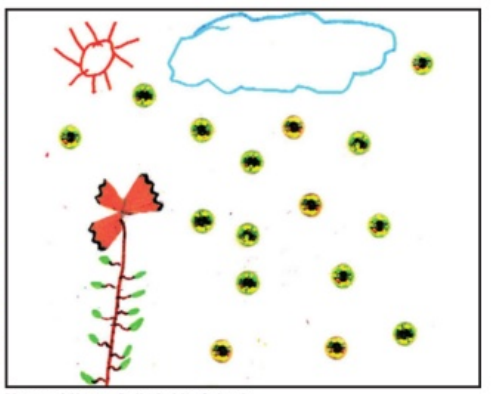
Capricorn Dec 23 – Jan 20
Today, you may help needy people around you. It will increase your reputation among your surroundings. New ideas may come into your mind, and you are likely to help other people around you. You might implement the innovation into the work, which may increase your business. Lovebirds may plan an outing or an adventure tour.

Aquarius Jan 21 – Feb 19
Today, you may be dissatisfied; you have some sort of detachment from your responsibilities, which may make you confused. You may plan hypothetically for your projects. You are advised to be practical in your work to complete it on time. You may also be taking care of your parents. If you're planning to migrate somewhere, it is advised to postpone it for a few days.

Pisces Feb 20 – Mar 20
Today is a positive day for you; you may get success from your hard work on the professional and domestic front. You may have good focus, and you may complete your work on time, which can improve your self-confidence. You may also expect some work-related short trips, which may be beneficial in the near future in terms of your network.

KIDZONE

Ananya Vastare, 9 Years, Insight Academy



Manya, 6 Years, Delhi Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
24 ÷ 1.2 × 2.5 + 2(2.5) =
20 × 2.5 + (2.5) =
50 + 15 = 65

BULL'S EYE
agent, ante, gent, gnat, neat, TANGENT, tenant, tent

STRIKE OUT

N	E	E	D	E	D	U	S	A	N	C				
E	L		D	E	B	O		G						
T	E	D	E	D	S	A	G	G	E	D				
T	A	C	I	T	E		A		U					
O	R	E	D	A	T	N	O		R	O	N			
R	E	B	E	C	O	G	L	E	D	S				
L	P	A	Y	C	A	S	H		F					
D	I	A	R	D	Y	O	C	E	A	N				
E	R	E	B	U	O	Y	A	G	I	O				
F	K		T	B	A	R		D		D				
A	R	C	H	E	S	L	I	N	E	A	R			
H	A	K	R	P	M	R	O							
C	U	R	F	E	W	S	E	A	D	O	G			

QUICK

MENSA PUZZLE
C: so that one dot appears in one triangle and the other dot appears in two triangles (in the example the right hand side forms a small triangle and a larger triangle and both)

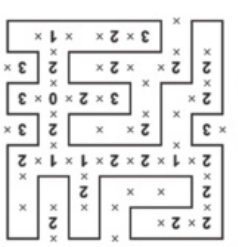
SUDOKU

2	5	8	3	7	4	9	6	1
6	1	9	8	5	2	7	4	3
7	4	3	6	1	9	2	5	8
8	2	5	7	4	1	9	3	6
4	7	1	2	9	3	6	8	5
3	9	6	5	8	1	4	2	7
1	8	2	4	3	7	5	9	6
5	6	7	9	2	8	1	3	4
9	3	4	1	6	5	8	7	2

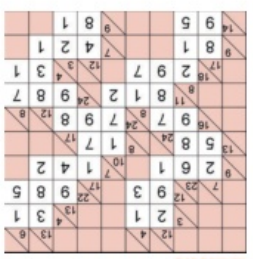
ALPHA TRIANGLE
E, No, One, Toned, Docent, Noticed.

GO FIGURE
Easy
9 + 8 − 4 + 7 = 20
Medium
3 − 6 + 4 × 7 = 7
Hard
4 × 4 + 7 − 8 = 15

LOOP



KAKURO



FAST FIVE

S	T	A	S	H
C	O	S	T	A
U	P	T	I	L
T	O	I	L	E
A	I	R	E	R

RIDDLER
1. bowl – howl,
2. chair – chair

QUOTE UNCODE
The only immorality is not to do what one has to do when one has to do it.

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 # Colour-coordinated family
Star couple Ajay Devgn and Kajol celebrated Diwali with family with fervour. Ajay chose to twin with his son Yug and nephews Aaman and Danish. They all wore green kurtas

BangaloreMirror | 12
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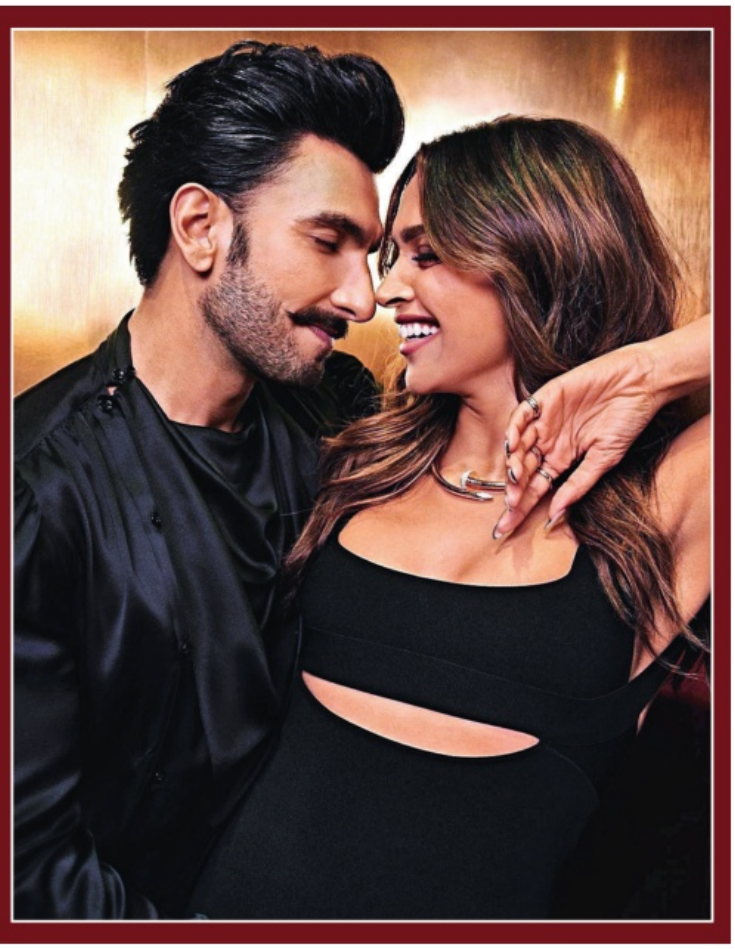
Entertainment Industry Promotion

Time for love

Deepika reveals how important spending time with husband Ranveer is for her



Deepika Padukone, recently, in an interview, spoke about how spending time with her husband, actor Ranveer, is important for her. The couple makes an effort to spend quality time with each other despite their busy schedules. In a conversation with Vogue, Deepika said that spending time with her husband is very important to her. The actress has to say both he and she make the effort.

It cannot be one-sided. They have to schedule it. In their professions, where one of them can be traveling for a month at a time, or sometimes Ravneer might have a late night and she has an early morning, there are times when they are in the same city but hardly get quality time with each other. It's not the quantum of time, but the quality of that time they have together. They love it when it's just the two of them, but they also love spending time with their families. The actor added that Deepika is just not famous; she is a daughter; she is a wife; she is a sister; and she is a daughter-in-law. When she steps out of that world, then she is famous. What she likes about fame is the fact that you're able to bring about change; you're able to touch and influence people's lives. For her, that is the exciting part. She doesn't mind being famous for all those reasons.

—ETimes

Baby's day out

Currently in Maldives, Bipasha Basu, Karan Singh Grover, and their daughter Devi are immersed in having the time of their lives. Bipasha took a moment to share the adorable moments of their family time, posting an endearing picture with her daughter. Actress Bipasha Basu and actor Karan Singh Grover welcomed their first child, a baby girl named Devi Basu Singh Grover, last year.

Bipasha previously offered a charming glimpse into their Maldives getaway with Devi and Karan. Earlier this afternoon, the affectionate mother posted an endearing photo from their vacation, capturing a precious moment with Devi.

Bipasha Basu, via her Instagram , posted a snapshot from her Maldives trip featuring her adorable daughter, Devi. The image captures Bipasha cradling Devi in her arms as they enjoyed a day by the pool. Alongside the photo, Bipasha expressed the moment's joy with a caption that simply read, "Bliss," accompanied by a pink heart emoji.

—ETimes

Playing with danger

Superstar Salman Khan requested his fans and followers not to burn firecrackers in the theatres during 'Tiger 3' screening and enjoy the film without putting lives at risk.

Salman fans turned up in huge numbers to celebrate 'Tiger 3' as the film was released on Diwali, November 12. However, some of his fans celebrated the film's release in unusual ways.

A video, shared on X shows fans bursting firecrackers inside Mohan Cinema in Malegaon, in Nashik, Maharashtra. The video also shows other fans running to a safe space inside the theatre.

Malegaon Police registered a case against unknown persons on Monday in connection with a purported viral video. The police took cognisance and registered a case under sections 112 and 117 of the Maharashtra Police Act.

Reacting to this, filmmaker Ram Gopal Varma wrote on X, "And we think we are not MAD."

—ANI

Sophie on social media

Game Of Thrones' actress Sophie Turner has returned to social media for the first time since she split from Joe Jonas.

The 27-year-old actress,who has more than 14 million Instagram followers, has taken to the photo-sharing platform to help raise awareness about environmental issues.

She told her followers: "Hi everyone! I have been asked to spread the word about positive power. And on doing the research and noticing the very clear effects of global warming, it's something that I really wanted to raise awareness for."

The actress subsequently encouraged fans to "switch over, move over to renewable energy and let nature provide us with power," reports female-first.co.uk.

Turner later added: "We need to let our leaders know this, that this is the future that we want for ourselves and for those we love, our children and our grandchildren."

—IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

New venture

Roopa Rao, renowned for her work in the movie Gantumoote, eagerly awaits the completion of her latest project, Kenda. Having produced and written the script for Gantumoote in 2019 and directed it to critical acclaim, Roopa Rao has taken on the role of producer for Kenda, with Sahadev Kelvadi at the helm.

"Sahadev supported me when I made Gantumoote (baggage) in 2019. I have known him for more than a decade. He was a friend of my classmate's. We are associated with making movies under the Ameyukti Studios banner. He helmed Kenda, and I bankrolled it. I wrote the script for another movie. He will help me helm my next movie," says Roopa Rao.

She said Gantumoote is based on a teenage girl, and Kenda is about men whom politicians exploit. "Kenda revolves around politicians, unsuspecting people, and societal law and order problems," she said.

Farmers' tale

The movie Garudiga is about how farmers of Devanahalli and surrounding areas became bankrupt after spending money received from the government as a compensation for their land acquired for constructing Kempegowda International Airport near Devanahalli.

"It is my maiden movie as a director. I am from Bengaluru but I am familiar with how farmers spend money lavishly," said director R Vidha.

Garudiga, bankrolled by Dr Venkataswamy M, is scheduled for release on December 1. A function was held on Saturday at Kalavidara Sangha to launch the audio of the movie. Super Star Rajinikanth's friend Raj Bahadur was the chief guest."I have watched the movie. All the actors have performed like experienced actors. I am sure of the success of this movie at the box office. I wish them good luck," said Raj Bahadur. Expressing gratitude to director Vidha and producer Dr Venkataswamy, Rudwin said he put in a lot of effort. "I play the lead who spends money lavishly and finally realises the importance of spending prudently," said Rudwin.